## **ABSTRACT**

A vibration absorbing padding including a padding body formed by a multilayer material. The material preferably includes a first elastomeric layer of vibration absorbing material which is substantially free of voids therein. A second elastomeric layer includes an aramid material therein and is disposed on the first elastomeric layer. The amramid material distributes vibration to facilitate vibration dampening. A third elastomeric layer is disposed on the second elastomeric layer.